

FALL 2022 FITNESS CLASS SCHEDULE

SCHEDULE RUNS SEPTEMBER 19 - DECEMBER 9, 2022

 : Fee Required : No Fee Required

STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Breakaway Barb L. 6:45 - 7:30 AM	Breakaway Eliana Z. 9:15 - 10 AM	Breakaway Lisa G. 6:45 - 7:30 AM	Breakaway Van M. 6:45 - 7:30 AM		
Breakaway Kaaren A. 9:15 - 10 AM	Breakaway Larry N. 11:15 AM - 12 PM	Breakaway Cindy B. 12:15 - 1 PM	Breakaway Gina T. 4:30-5:15 PM	Breakaway Karen A. 11:15-12 PM	Breakaway Rotation 10:15 - 11 AM	Breakaway Rotation 10:15 - 11 AM
Breakaway Stephanie A. 4:30 - 5:15 PM	Breakaway Gina T. 5:15 AM - 6 PM	Breakaway Christiane S. 5:15 - 6 PM		Breakaway Eliana Z. 4:30 - 5:15 PM		

STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Vinyasa Yoga Luna S. 8:45 - 9:45 AM		Vinyasa Yoga Luna S. 8:45 - 9:45 AM		Vinyasa Yoga Aya S. 8:45 - 9:45 AM	Yoga Flow Rotation 11:15 AM - 12:15 PM	Yoga Flow Rotation 11:15 AM - 12:15 PM
Barre Doriana P. 10:10 - 10:55 AM	Hatha Yoga Lynn M. 9:10 - 10:10 AM		Vinyasa Yoga Lynn M. 9:10 - 10:10 AM	Barre Karen A. 10:15 - 11 AM		
Hatha Yoga Richard M. 12:10 - 1:10 PM	Power Flow Victoria K. 12:10 - 1:10 PM	Vinyasa Flow Victoria K. 12:10 - 1:10 PM	Hatha Yoga Richard M. 12:10 - 1:10 PM	Hatha Yoga Richard M. 12:10 - 1:10 PM		
Barre Connect Christiane S. 4:10 - 4:55 PM	Vinyasa Flow Liz C. 4:10 - 5:10 PM	Barre Connect Christiane S. 4:10 - 4:55 PM				
Power Flow Liz C. 5:15 - 6:15 PM	Sculpt Yoga Alex G. 5:30 - 6:30 PM	Vinyasa Flow Victoria K. 5:15 - 6:15 PM	Sculpt Yoga Alex G. 5:30 - 6:30 PM	Vinyasa Flow Liz C. 5:15 - 6:15 PM		
Salsa/ Bachata Horacio H. 6:30 - 7:30 PM	Vinyasa Flow Hanna A. 7 - 8 PM	Salsa/ Bachata Horacio H. 6:30 - 7:30 PM				

STUDIO 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Body Pump Doriana P. 12:15 - 1:15 PM	H.I.I.T. Cindy B. 12:15 - 1 PM	Body Pump Doriana P. 12:15 - 1:15 PM		Body Pump Christiane S. 12:15 - 1:15 PM	Body Pump Bobby S. 9:00 - 10 AM	
Core & More Doriana P. 1:30 - 2 PM		Core & More Doriana P. 1:30 - 2 PM	Body Pump Cindy B. 1:10 - 1:55 PM	Core & More Doriana P. 1:30 - 2PM		
H.I.I.T. Cindy B. 4:15 - 5 PM	Body Pump Stephanie A. 4:15 - 5:15 PM	Body Pump Cindy B. 4:30 - 5:30 PM	H.I.I.T. Abby M. 4:15 - 5 PM			
	H.I.I.T. Abby M. 5:30 - 6:15PM					
Hip Hop + Heels Emily S. 6:10 - 7:10 PM	Hip Hop + Heels Janna G. 7:30 - 8:30 PM	Hip Hop + Heels Emily S. 6:10 - 7:10 PM				

LAP POOL & LEISURE POOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Masters Swim Lap Pool Rotation 7 - 8AM	Intermediate Swim Lap Pool Rotation 7 - 8AM	Masters Swim Lap Pool Rotation 7 - 8AM	Intermediate Swim Lap Pool Rotation 7 - 8AM	Masters Swim Lap Pool Rotation 7 - 8AM		
Aqua Fit Cindy B. Lap Pool 11:30AM - 12:30PM			Aqua Fit Cindy B. Leisure Pool 11:30AM - 12:30PM			

MAT ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Shorin Ryu Lance G. 6:30 - 7:30 PM	Kickboxing Neffertti S. 6:30 - 7:30 PM	Shorin Ryu Lance G. 6:30 - 7:30 PM	Kickboxing Neffertti S. 6:30 - 7:30 PM			